

H2-BP

[Wearable Blood Pressure Monitor
H2-BP User Manual]

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Thank you for purchasing the H2-BP(Automated Electronic Sphygmomanometer). For the safe operation of this product, it is recommended that you read this user's manual thoroughly before using. In this user's manual, the H2-BP(Automated Electronic Sphygmomanometer) is called to as a Wearable Blood Pressure Monitor.

Purpose

This sphygmomanometer is a "Medical Device" suitable for IEC80601-2-30 and is an electronic device that measures blood pressure indirectly (non-invasive). The cuff automatically pressurize and is intended for the indication of systolic and diastolic blood pressure and heart rate.

Directive

- The copyright of this manual is owned by Charmcare Co., Ltd. The contents of this manual cannot be altered without permission.
- The contents of this manual are subject to change without notice. Any changes to the contents of this manual will be communicated to users through our website or customer service.
- The contents of this manual should be correct. If there are any questionable points, please do not hesitate to contact our service center.
- The patient is an intended operator.
- No modification of this product is allowed.
- The manual is provided in English only. Translation into other languages is available upon request. For more information, please visit our website or contact our service center.

Warranty

This product has been manufactured and rigorously inspected in accordance with Charmcare Co., Ltd.'s stringent quality assurance standards.

- For more information about product repairs and exchanges, please get in touch with the authorized seller or representative.
- The warranty period for this product is one year from the date of purchase.
- During the warranty period, any malfunctions resulting from regular use will be repaired free of charge at the Charmcare service center.
- If you encounter any issues with the product during the warranty period, please report them to Charmcare. Include the model number, product number, date of purchase, and provide a detailed description of the error.
- Please note that the manufacturer and/or the store where the product was purchased are not responsible for any problems arising from improper use or storage of the product.

Contact us

Contact us at the following numbers and addresses to receive various services and products.

Inquiries for Product and Consumable Purchases Service Requests and Repairs	 Charmcare Co., Ltd. Rm714, 2, Gasandigital1-ro, Geumcheon-gu, Seoul, 08591, Korea Tel : +82-2-862-5052, Fax : +82-2-862-5065
Website	http://www.charmcare.com

Definition of terms

The user must follow all warnings and precautions.

- ⚠ Warning :** "Warning" is used to refer to factors, which, when ignored, may result in severe and/or fatal injuries and property damage .
- ⚠ Caution :** "caution" is used to refer to factors, which, when ignored, may result in moderate, but non-life-threatening, injuries.
- >Note :** "Note" is used to highlight factors that are not dangerous, but should be paid close attention to during installation, use, and maintenance.

Abbreviation

Type	Description
SYS	Systolic blood pressure
DIA	Diastolic blood pressure
PUL	Pulse

Proper environments for the product

Do not use or store the product in the following conditions:



Exposure to humid and/or moist areas where air circulation is limited.



Do not store or place the product in direct sunlight.



Use the product at a temperature between 10°C~40°C, and humidity between 15%~90%.



Do not place the product near heat sources.



Do not store or place the product in places where product is exposed to chemicals or flammable gas.



Do not subject the product to severe shock and/or vibrations.



Keep product free of dust and debris, particularly metallic objects.



Do not attempt to disassemble the product yourself. Charmcare is not responsible for any problems that may occur when you attempt to do so.



Store below an altitude of 3,000m and below 70°C.

Safety precautions

- Do not shock or drop the unit.
- Do not operate the measurement without wearing it on your wrist.
- Dispose of the device, parts, and accessories according to local regulations.
- For specific information about your own blood pressure, consult with your physician.

Contraindications

- This product is contraindicated for use in urgent environments.
- This product is contraindicated for use on aircraft.

Warning

- Do not adjust the dosage based on measurement results.
- Please take your medicine according to your physician's prescription.
- Diagnosis and treatment of hypertension is only possible with a physician.
- If you have any of the following symptoms, please consult your physician before using the product.
 - Atrial fibrillation or arrhythmia such as atrial fibrillation, arteriosclerosis, decreased circulation, diabetes, aging, pregnancy, pregnancy addiction (gestosis or preeclampsia), kidney disease.
- During the measurement, blood pressure readings may be affected by factors such as movement, trembling, or chills.

- Do not take measurements on wrists that are injured or currently undergoing treatment.
- Do not wrap the cuff around any wound, as it may exacerbate the injury.
- Avoid using cuffs on arms with intravenous lines or recent transfusions.
- If you are measuring on an arm with an arteriovenous shunt(A-V), please consult your physician beforehand.
- Do not use this product with other electronic devices, as mutual interference may compromise its intended function.
- Do not use this product near HF surgical instruments, MRI, CT scanners, or in environments with high oxygen concentrations.
- Small parts may pose a suffocation risk if swallowed by infants or children. To prevent strangulation, keep the charging cable away from infants, toddlers, or children.
- If you experience any pain or notice any unusual skin reactions, discontinue use and consult a physician.
- Do not use this product on infants, toddlers, children, or individuals who cannot communicate.
- Consult your physician before using this product if you have severe blood flow problems or blood disorders, as cuff inflation can lead to bruising.
- Do not use it in humid or wet environments, as this may cause damage to the device. Keep the product clean. If the product causes skin irritation due to sweat or contamination, discontinue use and consult a dermatologist.
- Do not allow chemical products such as lotions, oils, skin creams, or cosmetics to come into contact with the product. To prevent damage, be sure to wipe off any chemical substances that may contact the product.
- Prolonged use of the product may lead to skin irritation. Remove the product from

your wrist after extended wear.

- Avoid measuring blood pressure more frequently than necessary, as excessive use may cause bruising due to blood flow disruption.
- Consult your physician or healthcare provider before starting a weight reduction or exercise program.
- Make sure to correctly fasten the band strap and regularly check its condition.
- Do not modify any part of the product arbitrarily.
- Do not disassemble or attempt to repair this product or its components, as it may result in inaccurate readings.
- Avoid touching the charging port of the band, terminal of the charging clip, and plugs of cables with wet hands.
- Do not disassemble or puncture the battery, as it may lead to spontaneous combustion.
- This product contains a built-in rechargeable battery. To prevent the risk of overheating, fire, or explosion, do not expose it to fire, heat, puncture, or leave it in a high-temperature environment.
- The product's performance beyond its specified usage period is not guaranteed.
- When the central wrist artery protrudes significantly higher than the position of the radial artery due to the development of wrist veins, measurement values may not be accurate.
- When it's challenging to compress the artery due to the submersion of the radial artery.
- When the radial artery has been displaced or deformed due to a fracture of the radius, measurement values may not be accurate.

- If the wrist is flatter compared to the size determined by wrist circumference, it may be difficult to achieve proper fit, making measurements challenging.



Caution

- For specific information about your blood pressure, please consult your physician.
- Self-diagnosis or self-treatment based on measurement results can be dangerous.
- If you experience any of the following symptoms, consult your physician before using the product:
 - After mastectomy
 - In cases of severe blood disorders or hemodyscrasia, as compression may lead to internal bleeding.
- Avoid over-frequent measurements, as excessive compression may lead to internal bleeding.
- Use this product only for measuring blood pressure; do not use it for any other purposes.
- Do not disassemble or modify the device or wrist cuff.
- Do not use the product in humid or wet environments, as this may cause malfunction.
- Avoid contact with water.
- To ensure accurate blood pressure measurement, please refrain from consuming coffee, alcohol, or tobacco at least 30 minutes before the measurement.
- Since holding in urine can lead to an increase in blood pressure, make sure to use the restroom before taking the measurement.

- For precise blood pressure readings, sit in a relaxed position for at least 3-5 minutes before measuring. Sit with your back supported, legs uncrossed, and in a comfortable posture.
- Raise your arm to position the blood pressure cuff at the same height as your heart for accurate measurements.



Note

- Measure your blood pressure regularly with this product, record the results, and consult a physician to help manage your blood pressure.
- When measuring blood pressure, ensure that the cuff is precisely positioned over the radial artery and at the level of the heart.
- Blood pressure can vary throughout the day and may be significantly influenced by factors such as smoking, drinking, medications, and exercise. It is recommended to measure your blood pressure 30 minutes after exercise and 2 hours after eating.
- While measuring blood pressure, be cautious not to expose the product to shocks or vibrations, as these external factors may lead to incorrect measurements or make measurements impossible.
- Maintain comfort and avoid talking while taking blood pressure measurements.
- In cases of vasodilation or weak contraction, arrhythmia may result in an inability to measure or inaccurate measurements.
- This product is designed for use by adults.
- The product may not be suitable for infants, toddlers, or children due to differences in wrist sizes.
- For adults with small wrists, measurements may not be feasible.

Product symbol description

Label	Symbol	Description
1		The serial number that identifies the object.
2		Date of manufacture
3		Manufacturer
4		Warning
5		Caution
6		Instruction for User Manual
7		General prohibition sign. Template for constructing a prohibition sign. Note-This safety sign cannot be used on its own and requires a supplementary sign to give further information about the action which is prohibited.
8		The official mark of Europe Certificate
9		Authorized representative in the European Community
10		DC(Direct current)
11		BF Type of applied part
12		WEEE Mark
13		Temperature limitation
14		Humidity limitation
15		Atmospheric pressure limitation

Maintenance and cleaning

The wearable blood pressure can be kept clean using various methods. To prevent any damage or contamination of the product, please follow the recommended methods below.

- Please note that any contact with unauthorized substances may void the product's warranty.



Caution

- After cleaning the product, please check the condition of the blood pressure monitor.
- Do not use the product if it is old or damaged.
 - To keep the product clean, use lukewarm water or alcohol and a soft cloth approximately once a month. Avoid using lacquer, thinner, ethylene, or any substances that may damage the product.
 - Do not store the product in locations exposed to excessive temperatures, humidity, moisture, or direct sunlight.
 - Do not disassemble the product.
 - Do not subject the product to strong shocks or vibrations, such as dropping it on the floor.
 - Under no circumstances should you attempt to repair the product yourself.
 - Wipe the product with a soft, dry cloth.
 - Store the product and accessories in a clean and safe place.

Data transmission

This product emits wireless radio frequency (RF) in the 2.4GHz band. Please refrain from using the product in areas where RF is restricted, such as on aircraft or in certain hospital zones. In RF-restricted areas, turn off the product's Bluetooth function or power it off.

Composition of product**■ Basic unit**

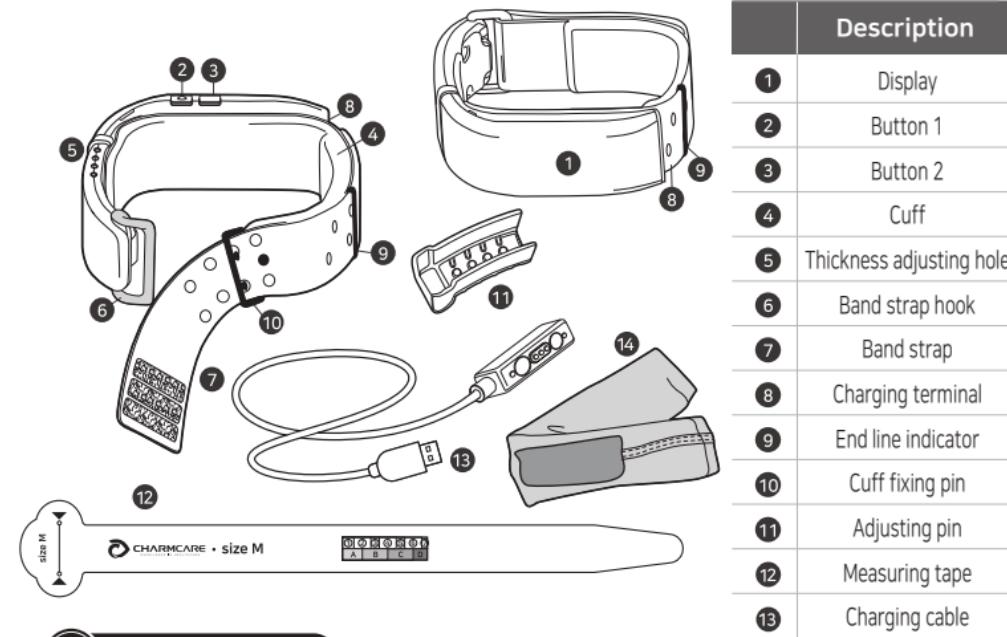
Part	Quantity
H2-BP main unit	1

■ Basic accessories

Type	Description	Quantity
User manual	User guide	1
Quick manual	Quick start guide	1
Charging cable	5V USB type charging cable	1
Measuring tape	Wrist size measurement tool	1
Adjusting pin	Wrist thickness adjustment tool	2
Replaceable cuff cover	Replaceable cuff protective cloth	1

⚠ Warning

- Do not swallow accessories. This may result in choking.
- Please purchase accessories exclusively through Charmcare Co., Ltd.

Name of each part of wearable blood pressure monitor**⚠ Warning**

- For electrical safety, the product should not be disassembled.

Describes the basic names and functions of the product that users need to know, and provides information for simple use.

Precautions when using

- Use the product within the temperature range of 10°C~40°C and a humidity range of 15%~95%.
- Check the battery charge status before using the product.
- Handle the device with care, as it can be easily damaged by impact.
- Consider ambient temperature and humidity when using the product, and store it away from dust and flammable materials.
- Inspect the product for any abnormalities or deformities in its appearance.
- Ensure there are no abnormalities or deformities in the appearance of the charging cable.

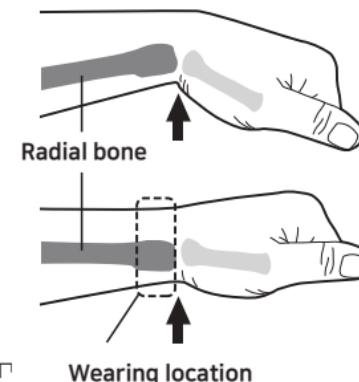
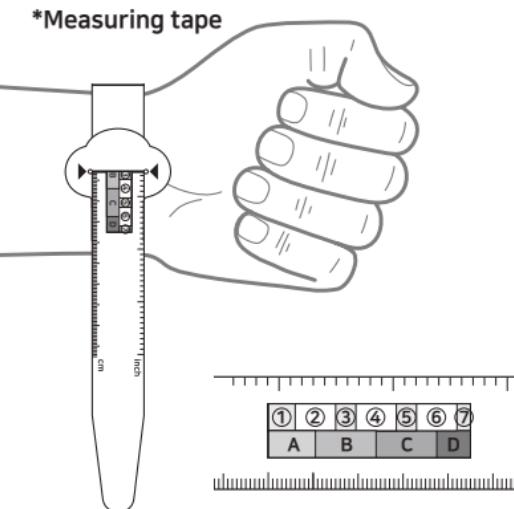
Principle of operation

- To initiate measurements, press button 1.
- The pump automatically operates to calculate peak and minimum blood pressure by analyzing the waveform amplitude and cuff pressure using the oscillometric method to measure pulsating phenomena, while pressing on the radial artery.

Size adjustment

1) Measure wrist circumference

Measure the wrist circumference just below the palm using the enclosed 'wrist ruler' and check the size (①~⑦, A~D).

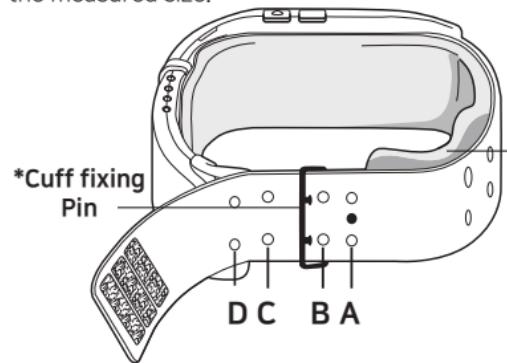


Caution

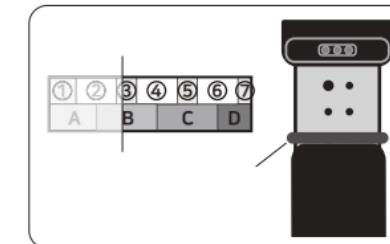
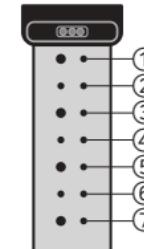
Measurement errors may occur due to incorrect setting and wearing of the product.

2) Cuff position setting

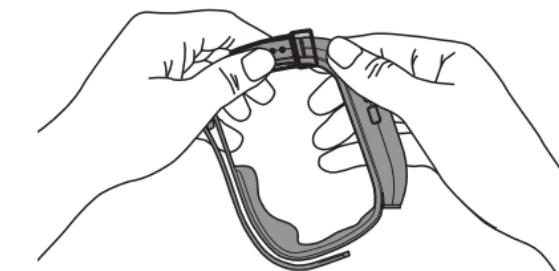
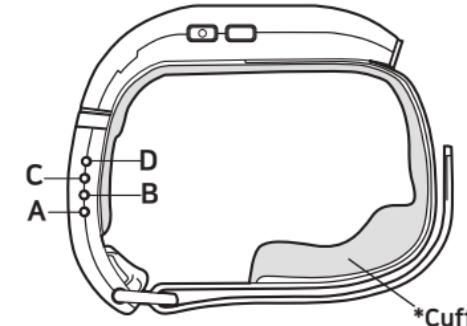
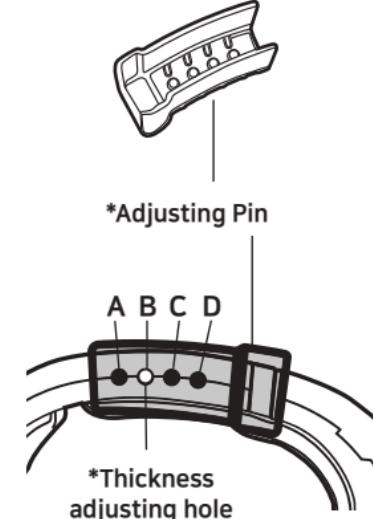
Insert the cuff fixing pin into the hole of the measured size.

**3) Adjust the locator**

Place the 'End line indicator' on the hole corresponding the measured wrist circumference size(①~⑦) you measured earlier.

**4) Wrist thickness setting**

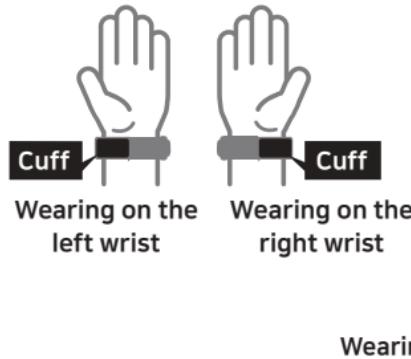
As shown in the picture, insert the size adjuster into the thickness fixing hole and push or pull while pressing to adjust the position of the adjustment pin to suit the size.



Wearing

1) Position setting

Wear it as the side of the cuff (strap) is positioned on the inner corner (↑ mark) of the bent wrist.



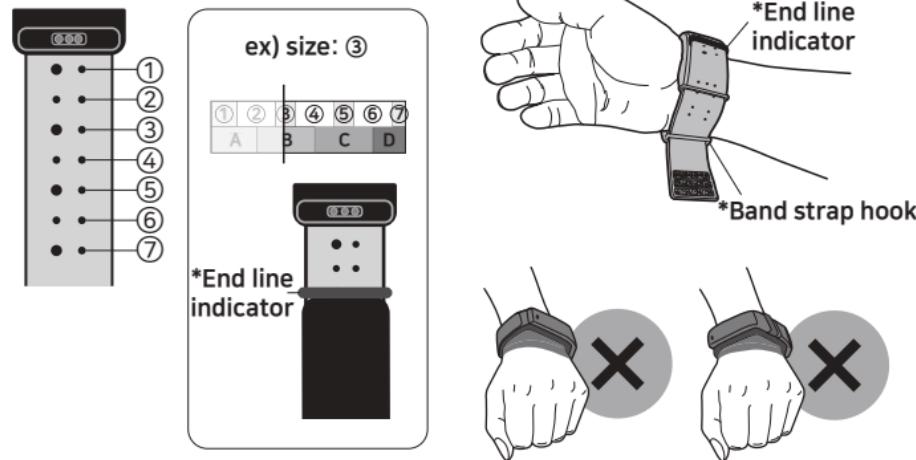
Caution

- Position the cuff where you can feel a strong pulse on the radial artery when wearing the device.
- Blood pressure can vary between the right and left wrists, leading to different readings. Charmcare Co., Ltd. recommends always using the same wrist for blood pressure measurements.
- An incorrect cuff position will result in a measurement error.

2) How to wear

Place the 'End line indicator' on the hole corresponding the measured wrist circumference size(①~⑦) you measured earlier.

Hook the band from the inside of the 'Band strap hook' to the outside.

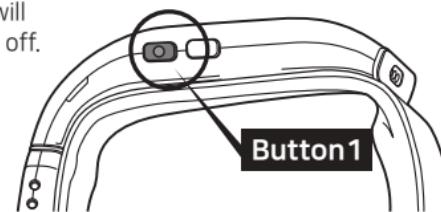


Caution

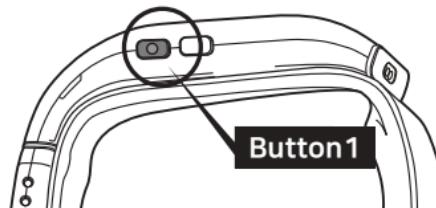
- When not measuring blood pressure, you can loosen the strap.
- This product is not fully waterproof, so please avoid contact with water as much as possible.

Power

- On : Press button1 over 3 seconds
- Off : Holding down button1, the device will initiate countdown 2>1>0 and turn off. (takes 10seconds)

**measurement method****1) Position setting**

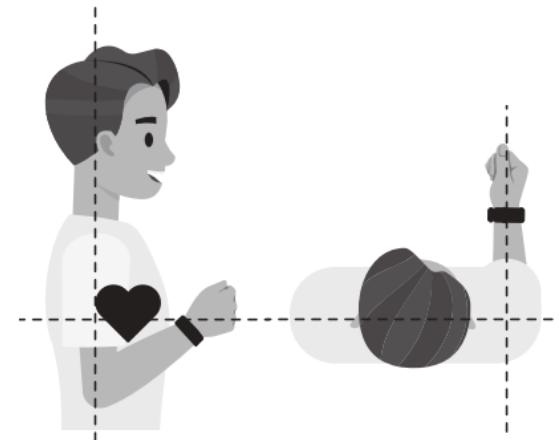
While wearing the product, press button 1 to start the measurement.

**2) Adjusting Hand Height**

- Relax the arm wearing the device, raise it to heart level, and lightly make a fist.
- Follow the arrow guidance to "slowly" move your hand so that it is at heart level.



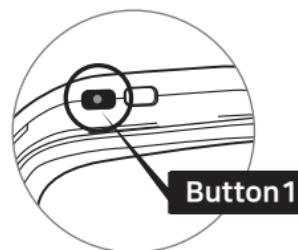
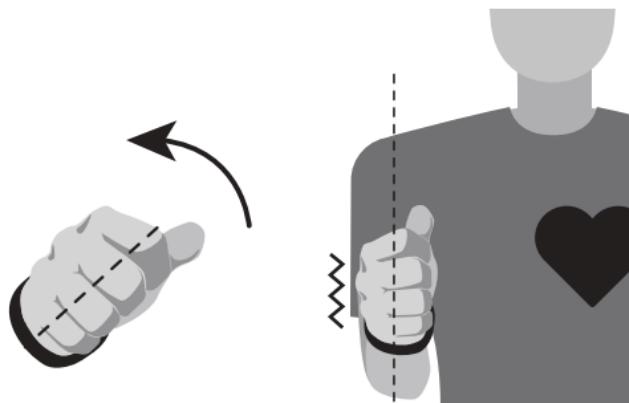
Move down Move up Set to measure


Caution

- The device is initially set for left-hand use at the factory, so the arrow guidance may be incorrect if worn on the right hand.

3) Hand angle adjustment

- Relax the arm wearing the device, raise it to heart level, and lightly make a fist.
- Slowly rotate your wrist so that your thumb is on top; the measurement will begin with a vibration.



If you do not move slowly, the position may not be set

4) Check measured values

- ① While pressure is applied to the wrist, the current pressure is displayed on the screen.
- ② When the measurement is complete, the measured blood pressure, pulse, and pulse wave trend graph will be displayed on the screen.



- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30minutes before taking a blood pressure measurement.
- Repeated measuring should be at intervals over 2minutes.

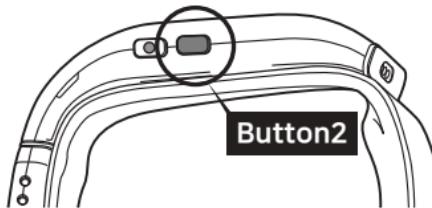


Note

- By pressing button1 once, it automatically starts blood pressure measurement. And press it again to cancel the measurement.

Display clock

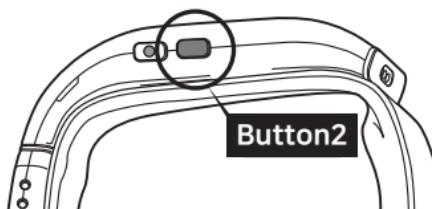
① Press button2.



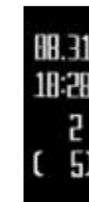
② The current time and battery status are displayed.

**Check saved blood pressure measurements**

① Press button2 twice when the display is off. (Once when the display is on)



② The blood pressure measurement date, time and index values are displayed. Keep pressing button2 until the desired sequence appears.



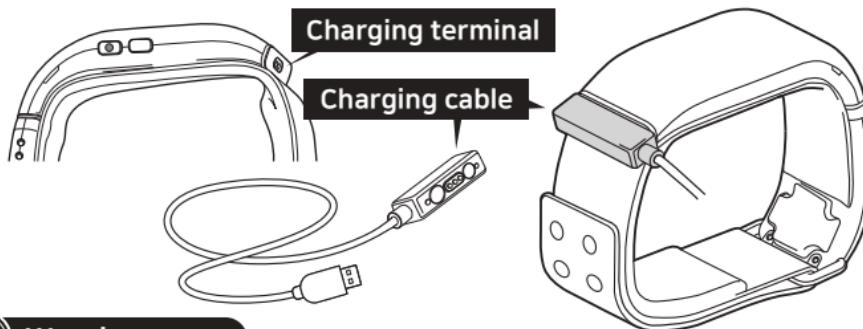
③ The blood pressure measurement will be displayed after a moment.



- Press button 2 after checking the last blood pressure reading, a pulse wave will be displayed on the screen.
- After checking the pulse wave trend graph, press button 2 again to display the blood pressure measurement value or watch screen.
- The screen automatically turns off after 10 seconds if no action is taken.

How to charge

Lightly place the charging cable on the charging terminal as shown in the figure.



Warning

- Do not pull the charging cable.
- When handling the charging cable : Do not damage it / Do not break it / Do not rough-handle with it / Do not forcibly bend or pull it / Do not twist it / Do not tie or get tangled / Do not place it under heavy objects.

Note

- Full charging takes about 1 hour and 30 minutes.
- Make sure that the USB voltage is 5V.

Battery Status

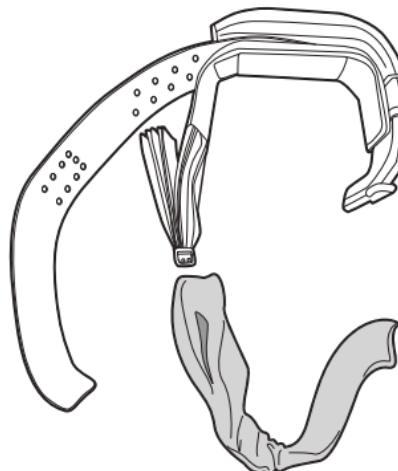
Using							
	Less than 10%	10% ~ 25%	26% ~ 50%	51% ~ 80%	81% or more		
Charging							Complete
	0%~	25%~	50%~	75%~	75% or more		

Note

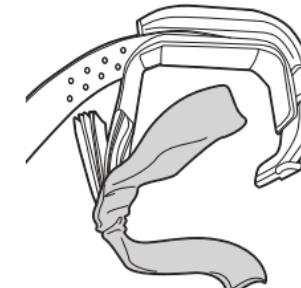
- If it is less than 10%, blood pressure cannot be measured and only the clock and the past data can be checked.

How to replace the cuff cloth

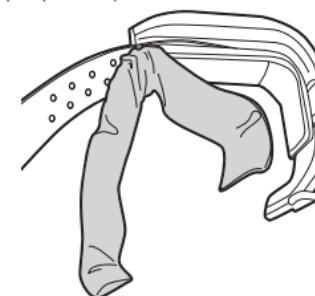
1. Detach the old cuff cloth.



2. Insert the new cuff cloth into the actual cuff part first.

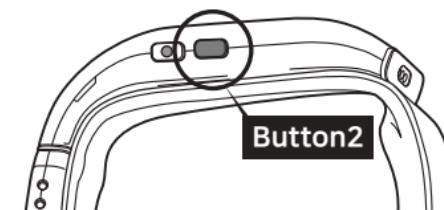
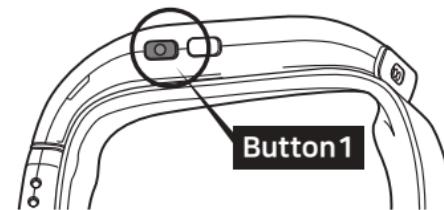


3. Using the elasticity of the cloth, tuck the other side in and trim the cloth so that it is appropriately suited.



Setting button

- Pressing button1 for 3 seconds will display the setting menu.
- While in the setting menu, pressing button2 will navigate through the menu.
- While in the setting menu, pressing button1 will select the menu.



How to set up

AUTO : Automatic clock display setting mode (on/off)

TIME : Current date, time setting

DEL : Delete saved blood pressure readings

REMIND: Set up a time interval remind

COUNT : Display the number of measurements

HEIGHT : Height guide mode (left/right/off)

REG : Factory reset

EXIT : Finish setup

**Note**

- If no buttons are pressed for 10 seconds, the setting menu will be closed.
- Press button2 for 3 seconds to quickly change the setting.
- Press button1 for 3 seconds to cancel the change and move to the upper menu.
- After saving all setting values, go to the upper menu and press EXIT button to finish the setting.

Select menu : Press button2 to move your selection and press button1 to complete menu selection.

Change setting : Press button2 to change the selected setting, then press button1 to complete the setting.

Automatic motion recognition mode setting

① Select the AUTO menu.

② When ON is selected, screen auto-on by motion is activated.

③ When OFF is selected, screen auto-on by motion is inactivated.

**Note**

- Battery may run out quicker if the auto-on is set.

Date and Time Setting

① Select the TIME menu.



② Set the year.



③ Set the month, day



④ Set the hour, minute



Press the button2 over 3 seconds to move the number quickly.



Note

· This function is a manual time setting for the unavailability of synchronization with the application. When you sync with the app, it automatically sets the time on your phone, so you do not need to set it up manually.

Remind Setting

① Select the Remind menu.



② Select the desired time interval. The remind only works between 07:00 ~ 22:00 device time.

ex) 1H : 07:00, 08:00, 09:00, ... 21:00, 22:00 reminds
 2H : 08:00, 10:00, 12:00, ... 20:00, 22:00 reminds
 3H : 09:00, 12:00, 15:00, 18:00, 21:00 reminds
 4H : 08:00, 12:00, 16:00, 20:00 reminds



Delete Data

① Select the DEL menu.



② Select YES, the data will be deleted.

**Caution**

Once you delete the data, the data cannot be recovered, so please be careful before deleting data.

Count

① Select the COUNT menu to see number of measurements.

**Height guide setting**

① Select the HEIGHT menu : Select the hand you would like to wear the device.

※ If the function is not needed, you can select the OFF to inactivate the function.



② As instructed by the arrows, move your hands "slowly" to position them exactly at heart level.



Move down



Move up



Set to measure

Caution

If you do not move slowly, positioning may not be possible.

REG

① Select the REG menu.



② Select CANCEL or RESET.



Error Number	Cause	Solution
ERR HEIGHT	The height of the device is not right (When the height guide is on)	Adjust the device's height to match the level of your heart for measurement.
ERR WRIST ANGLE	Wrist angle is not right	Rotate your wrist until your thumb is positioned above and proceed with the measurement.
ERR MOVING	Moved during measurement	Refrain from moving or speaking during measurement.
21	Bad cuff condition	Refer to the 'How to use' again and ensure that the strap is not too loose and the cuff is undamaged.
4X (error code start with 4)	System error	Please contact the place of the purchase for further inquiries.
22	Abnormal measurement values	Measure after ensuring you take sufficient rest.
23	Signal reading failure	Verify the cuff's placement is correct, reposition if necessary, and then proceed with the measurement.

* Correct wearing and setting are essential to obtaining accurate measurements. Please carefully read the instructions for wearing and measuring, and ensure that you have a proper fit to avoid measurement errors.

When encountering issues during use, please refer to the following simple troubleshooting tips. If the device does not operate as expected or if you are unsure about how to proceed, please check the following list first.

Situation	Cause	Solution
The power does not turn on	Battery discharged	Charge
The power goes off during inflation	Battery discharged	Charge
Pressing the button does not display anything	Battery discharged	Charge
The readings seem too low	The device's height is higher than the heart level.	Keep the device at the heart level
	The device's height is lower than the heart level.	Keep the device at the heart level
The readings seem too high	Tensed shoulder or arm	Be relaxed while measuring
	Move or talk while measuring	Do not move or talk while measuring
	the strap is too loose	Refer to the 'Part 04. How to use' and wear it again
The pressure does not increase	In case of air leaks from the cuff	Check the condition of the cuff
In case the blood pressure is measured properly - But the result is lower or higher than measurement at the hospital - But the results are different in each measurement		Refer to the 'Part 08. Blood pressure measure Q&A'
		Turn off the device and turn it on again
Other situations		Please contact the place of purchase for assistance if any of these solutions cannot resolve the issues.

Electrical

Power input	USB charge (DC 5V)
Battery	160mAh
Battery type	3.7V LI-ION POLYMER Battery
Charging time	1h 30min
Battery time on full charge	3days (Decreases with the number of measurements)
Warranty	1years

Performance

Measurable wrist size	Size S: 13 ~ 16cm (5.1 ~ 6.3inch) Size M: 15.5 ~ 19.5cm (6.1 ~ 7.6inch)
Blood Pressure	Range: 30 ~ 260mmHg / Accuracy: ±5mmHg Method: Oscillometric / Measurement time: 30 ~ 50sec
Pulse Rate	Range: 40bpm ~ 180bpm / Accuracy: ±5%
Resolution	1mmHg

Physical Characteristic

Material	PVC, PC
Weight	About 46g
Dimensions	81.5(H) x 79.5(D) x 25.5(W) (mm)
Display	OLED (96X39Pixel)
Memory	Up to 200readings

Environmental

Pressure Method	Air pump
Transmission Method	BLE 4.0
Operating Temperature	10°C ~ 40°C
Operating Humidity	15% ~ 90%
Operating Pressure	80 ~ 106kpa
Storage Temperature	-20°C ~ 70°C
Storage Humidity	5% ~ 95%
Storage Pressure	50 ~ 110kpa

Storage and maintenance guideline after use

- ① Do not store near water.
- ② Avoid placing it in places exposed to adverse conditions such as pressure, temperature, humidity, or wind.
- ③ Exercise caution to maintain a stable condition, avoiding shocks or impacts, especially during transportation.
- ④ Do not store in areas where chemical substances are kept or where gas is generated.
- ⑤ Keep the cuff clean by wiping it with a soft, dry cloth.

Q. It comes out lower than the result in the hospital.

- A. Were you nervous when taking measurements in the hospital? It may read 20 to 30 points lower at home because you tend to feel more relaxed. The most important thing is to measure your blood pressure in a calm condition at home.
- A. Was the wrist cuff positioned above the heart level during measurement? If so, it may result in a lower reading. (Please check the correct cuff placement and posture)

Q. It comes out higher than the result in the hospital.

- A. You might be experiencing masked hypertension, where your blood pressure appears normal at the clinic or hospital but is higher outside. Please consult your doctor.
- A. Is the cuff positioned correctly? Incorrect cuff positioning can make it difficult to detect arterial signals, potentially leading to higher readings. Check the cuff's position.
- A. Were you leaning forward or crossing your legs during the measurement? In such cases, blood pressure can be elevated because of increased pressure on the abdomen or due to cuff placement lower than the heart level.

* In contrast, your blood pressure may rise at the hospital, a condition known as 'white coat hypertension. Please consult your doctor.

Q. Results are different for each measurement.

A. Are you measuring under the same conditions?

Blood pressure fluctuates from moment to moment. If you take continuous measurements, you can see that your blood pressure is different even if you take measurements on the same day. It also depends on the measurement posture and wearing method. Ensure that you properly position the cuff on the radial artery, adopt the correct posture, and measure under consistent conditions.

A. Blood pressure changes for a variety of reasons. Even when measuring at home, it changes due to the following factors.

Within 1 hour after eating

After drinking alcohol, coffee, tea

After smoking

After bathing

After exercise

After urination or defecation

When you are anxious or nervous

When the room temperature suddenly changes

When the measuring location or environment is different

Q. Feel pain or numbness when the cuff tightens

A. It is a temporary sensation that you do not have to worry about. Blood pressure measurements need to be tightened until blood flow in the arteries is temporarily stopped. You may feel pain or numbness but it will go away soon after you take off the device.

Q. How do you manage your blood pressure at home?

A. Record not only your blood pressure readings but also your medications and daily conditions. If you record your blood pressure every day, you will be able to know your blood pressure fluctuations, which helps you manage your health. It is also very helpful if you get a diagnosis from your doctor. For an accurate diagnosis, it is recommended to record the blood pressure level as well as the condition at the moment of measurement.

Q. How to know the difference between the blood pressure reading from the upper arm?

A. A brachial sphygmomanometer is worn on one arm and H2-BP on the other, and measurements should be taken simultaneously. As previously mentioned, measuring while lying down is the best position to relax your body. After a few measurements, you will know your blood pressure inclination. Also, if the difference between the two readings is large, switch the arms or check the 'How to wear' again.

Manufacturer's Declaration

Refer to the following table for specific information regarding this device's compliance to IEC 60601-1-2.

| Electromagnetic Compatibility (EMC)

 Caution	This automated electronic sphygmomanometer is available to medical professionals or at home. This automated electronic sphygmomanometer can interfere with the operation of peripheral equipment, whether it can cause wireless interference or compatibility with CISPR. It may be necessary to take mitigation measures, such as re-orienting or relocating the monitoring system or shielding the location
 Caution	The use of accessories, other than those specified may result in inaccurate readings of the automated electronic sphygmomanometer and increased emission and/ or decreased electromagnetic immunity of the automated electronic sphygmomanometer.

| Electromagnetic Emissions

Emissions Test	Compliance
This device is intended for use in the electromagnetic environment specified in the Indications For Use.	
RF Emissions CISPR 11	Group 1, Class B
Harmonic Emissions IEC 61000-3-2	Class A
Voltage Fluctuations/Flicker Emissions IEC 61000-3-3	Within limits of IEC 61000-3-3

| Electromagnetic Immunity

Immunity test	Compliance Level		
This device is intended for use in the electromagnetic environment specified in the Indications For Use			
Electrostatic Discharge (ESD) IEC 61000-4-2	± 8 kV contact $\pm 2, \pm 4, \pm 8, \pm 15$ kV air		
Radiated RF electromagnetic fields IEC 61000-4-3	10 V/m 80 MHz to 2.7 GHz 80 % AM at 1 kHz		
Proximity fields from RF wireless communications IEC 61000-4-3	Test Frequency	Band	Test level
	385MHz	380 - 390 MHz	27 V/m
	450MHz	430 - 470 MHz	28 V/m
	710MHz		
	745MHz	704 - 787 MHz	9 V/m
	780MHz		
	810MHz		
	870MHz	800 - 960 MHz	28 V/m
	930MHz		
	1720MHz		
	1845MHz	1.7 - 1.99 GHz	28 V/m
	1970MHz		
	2450MHz	2.4 - 2.57 GHz	28 V/m
	5240MHz		
	5500MHz	5.1 - 5.8 GHz	9 V/m
	5785MHz		
Electrical Fast Transient/Burst IEC 61000-4-4	± 2 kV for power supply lines		
Surge IEC 61000-4-5	± 0.5 kV, ± 1 kV for Line-to-Line		
Conducted disturbances induced by RF fields IEC 61000-4-6	AC mains		
	150 kHz to 80 MHz	3 V	
	ISM and Amateur radio bands between 150 kHz to 80 MHz	6 V	

Power Frequency (50/60 Hz) Magnetic Field IEC 61000-4-8	30 A/m
Voltage dips, short interruptions, and voltage variations on power supply input lines IEC 61000-4-11	0% UT for 0.5 Cycles at 50, 60 Hz at 0, 45, 90, 135, 180, 225, 270 and 315° Phase 0% UT for 1 Cycle at 50, 60 Hz at 0°Phase 70% UT for 25/30 Cycles at 50, 60 Hz at 0°Phase 0% UT for 250/300 cycles at 50, 60 Hz at 0°Phase
Note: UT is the AC mains voltage before application of the test level.	

 Note	These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.
 Note	Portable and mobile RF communications equipment can affect medical electrical equipment. Such RF equipment should be used no closer to any part of the monitoring system, including cables, than the recommended separation distance calculated from the equation appropriate for the frequency of the transmitter.

FCC ID: 2AUYU-4A02

FCC Information to User

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution

Modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Compliance Information : This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

IMPORTANT NOTE:**FCC RF Radiation Exposure Statement:**

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

PRODUCT WARRANTY

Product name	Automated electronic sphygmomanometer
Model name	H2-BP
Product license number	n.0068/QCO-DM/201-2020
Product approval date	18/06/2020
Manufacturing number (Marked on product label)	
KC compliance certification number	R-CRM-CC1-4A017A0001
Warranty	One year from purchase date
Purchase date	
Packing unit	ea
Customer	Address : Name : Tel :
Distributor / Seller	
Manufacturer	Charmcare Co., Ltd.
Homepage	www.charmcare.com

※ Thank you for purchasing our products.

This product has passed strict quality control and rigorous inspection.

※ Charmcare is not responsible for any accidents caused by incorrect use of this product or negligence of the user.

※ Please keep this page to ensure product warranty.

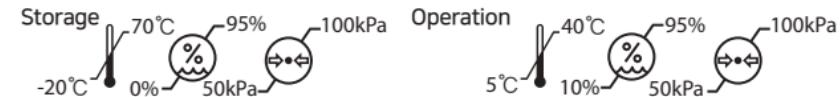
Product : Automated electronic sphygmomanometer Model : H2-BP

USB : 5vdc1A Battery : LI-ION POLYMER,3.7Vdc160mAh

Rating : 3.7Vdc30mAh

 Charmcare Co.,Ltd 714,Woolim Lions2-cha,2,Gasan digital1-ro,Guemcheon-gu, Seoul, 08591 Korea / Tel+82-70-4742-6563

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The Hague The Netherlands



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H2-BP

[Wearable Blood Pressure Monitor]
H2-BP User Manual]

